

food bars by varying the ingredients within the dietary guidelines for a variety of meals during the day.

Alternative embodiments of ingredients and format will be readily apparent to one of ordinary skill in the art in view of the teachings above, and fall within the scope and spirit of the claims.

I CLAIM:

1. A meal-equivalent food bar comprising:  
segment dividers which divide the bar into segments corresponding to the plural courses of a meal including appetizer, main-course, and-dessert, wherein:-----

(a) the appetizer ingredients include one or more appetite stimulants,

(b) the main-course includes major nutrition ingredients, and

(c) the dessert ingredients include one or more appetite depressants, whereby

the meal-equivalent food bar provides improved physiological and psychological support for the consumer.

2. The food bar of 1, further comprising:  
at least one frangibl gthwise divider which divides the bar into strips, wherei



1. The food bar of claim 1, wherein each segment has a core first set of segment appropriate ingredients, and outer layers of further sets of segment-appropriate ingredients.

**THEORY**